

## Banana and Blueberry Muffins

### INGREDIENTS

- 🐣 1/3 cup extra virgin olive oil
- 🐣 3/4 cup maple syrup
- 🐣 2 large eggs
- 🐣 1 cup ripe mashed bananas (about 3 large bananas)
- 🐣 1/4 cup almond milk
- 🐣 1 tsp baking powder
- 🐣 1 tsp vanilla
- 🐣 1/2 tsp salt
- 🐣 1 tsp cinnamon
- 🐣 2 cups self raising flour
- 🐣 1 cup frozen blueberries
- 🐣 Optional – chopped almonds for topping

### METHOD

- 🐣 Preheat oven to 175C and line a muffin tray with muffin cases
- 🐣 In a large bowl whisk together the olive oil, maple syrup, eggs, bananas, milk and vanilla and mix
- 🐣 Put a sieve over the bowl and sieve in the baking powder, cinnamon and flour. Using a spatula mix till just combined
- 🐣 Add the blueberries and give one final mix
- 🐣 Spoon the mix into the muffin cases and sprinkle with the almonds (if using)
- 🐣 Bake for about 25 mins till a knife comes out clean